miCoach SPEED_CELL™

User Manual

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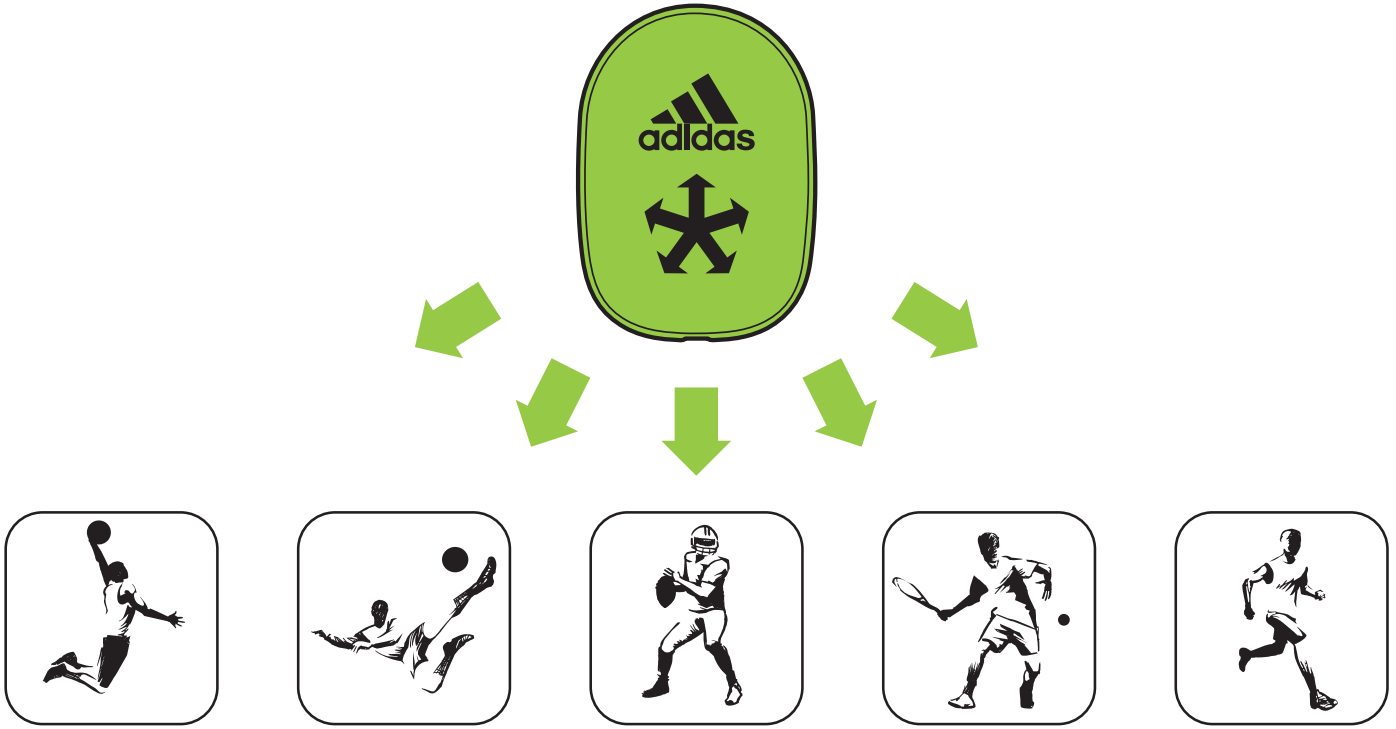
micoach

1. Welcome to miCoach

miCoach customizable workouts give you the performance edge needed to get faster, stronger, and better for your sport. miCoach combines real-time audible coaching with an intelligent web application to help every athlete, from beginner to advanced, get the most out of each training session.

1.1 miCoach SPEED_CELL™

The miCoach SPEED_CELL™ can be used for various sports such as soccer, running, basketball, tennis and American football. It indicates time, average/ maximum speed, and distance, including high-intensity distance and number of sprints. The SPEED_CELL™ can be used with any adidas miCoach-compatible footwear or with any other shoe using the lace clip.



1.2 Product Features and Benefits

Measures:

- Time
- Avg Speed
- Maximum Speed
- Distance
- High-intensity distance
- Number of sprints

Records data:

Captures and measures movements in any form of activity on pitch, on court, in a game or while training.

On-Board Memory stores all measurements:

Summary data is recorded and stored in an on-board memory (7hrs of workout data).

Wireless data transfer:

Workout data/performance is transferred wirelessly to your Mac/PC or your iPod touch/iPhone (works with miCoach sports-specific apps or the miCoach Mobile App).

Compare, share, compete:

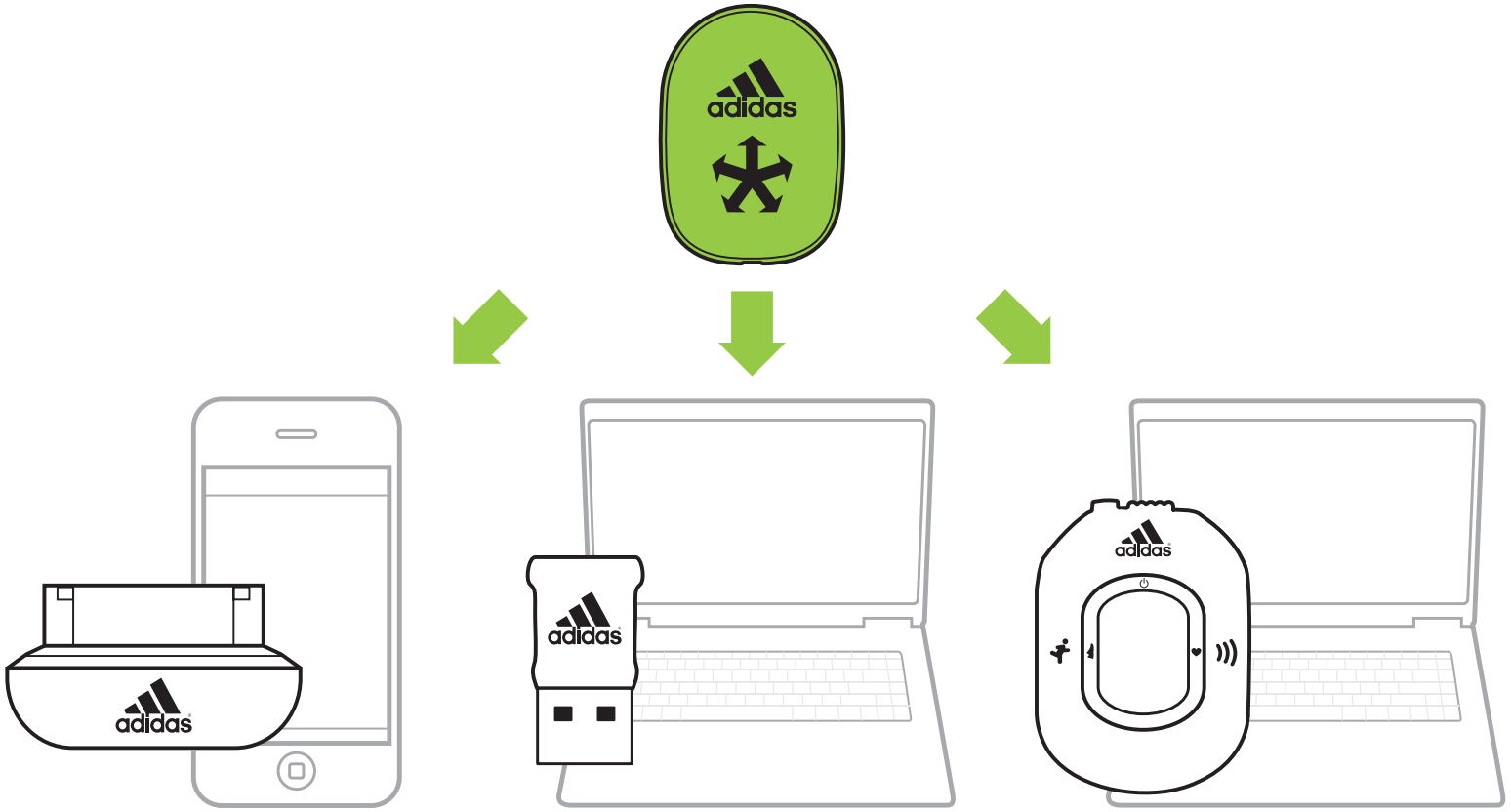
View results on micoach.com or your iPod touch/iPhone. Compare and share with Facebook and Twitter.

Seamless integration in selected footwear:

Sits invisibly in miCoach compatible shoes or boots. Includes Lace clip for non-compatible shoes.

1.3 Product Compatability

The SPEED_CELL™ works in combination with the following products:



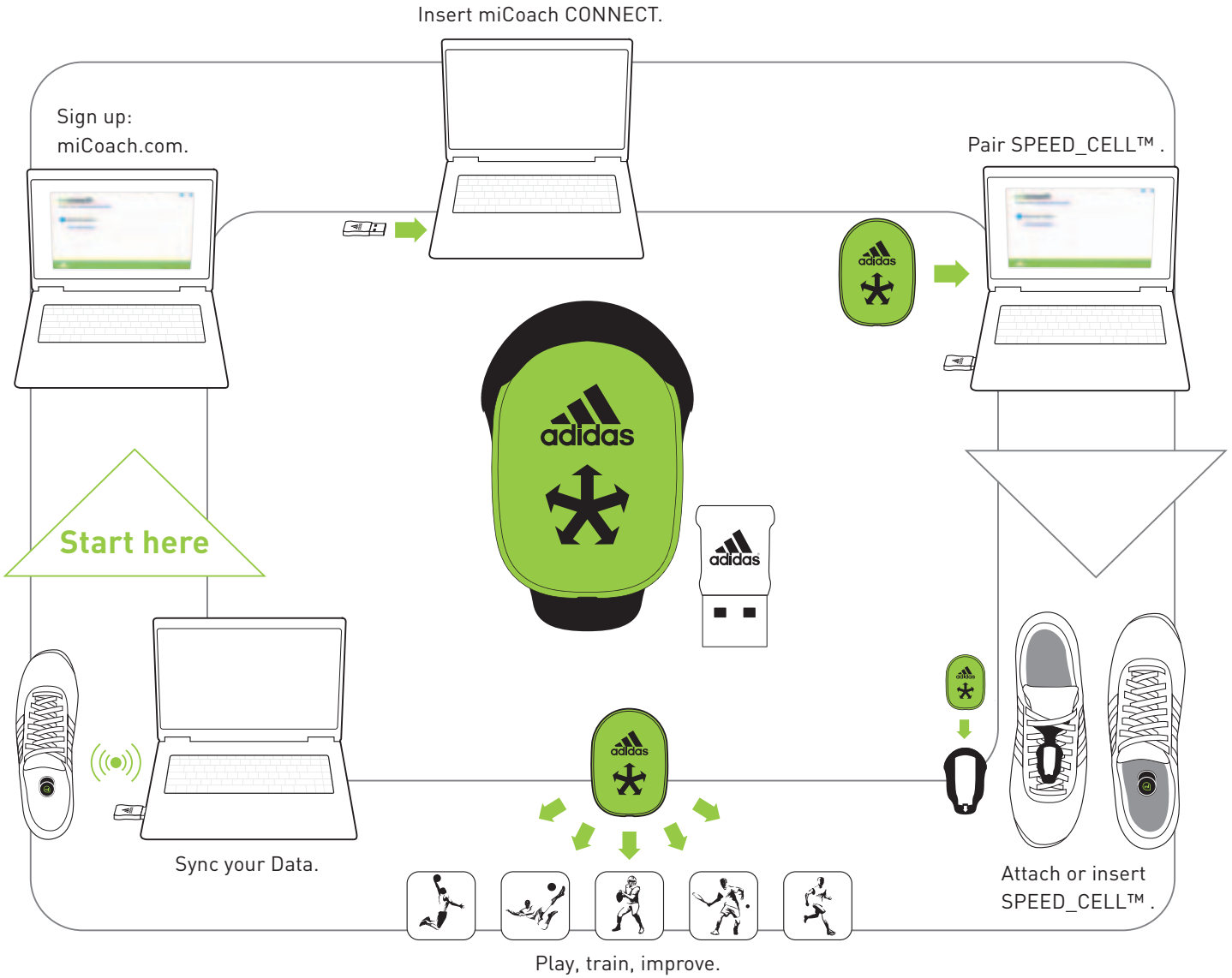
miCoach CONNECT
for iPod and iPhone

miCoach CONNECT
for PC/Mac

miCoach Pacer

for setup instructions with miCoach Pacer, please visit micoach.com/support

2. Using miCoach SPEED_CELL™ for PC/Mac



micoach

2.1 miCoach.com

The miCoach website is the key to managing your SPEED_CELL™ results, getting feedback, and improving as an athlete.

Users with miCoach CONNECT for PC/Mac must download miCoach Manager to sync your SPEED_CELL™ to your web account and upload the collected data.

For general web features, tips, and information, visit micoach.com.

2.2 Pairing miCoach SPEED_CELL™ with miCoach CONNECT for PC/Mac

To activate the SPEED_CELL™, shake it or move your foot around.

1 Insert miCoach Connect for PC/Mac into your computer.

2 Open up the miCoach Manager by clicking on the mi Icon.

3 miCoach manager will automatically recognize every SPEED_CELL™ within 10 meters and will display them in a list.

4 You have the choice to setup a nickname and/or passkey for your SPEED_CELL™ in order to:

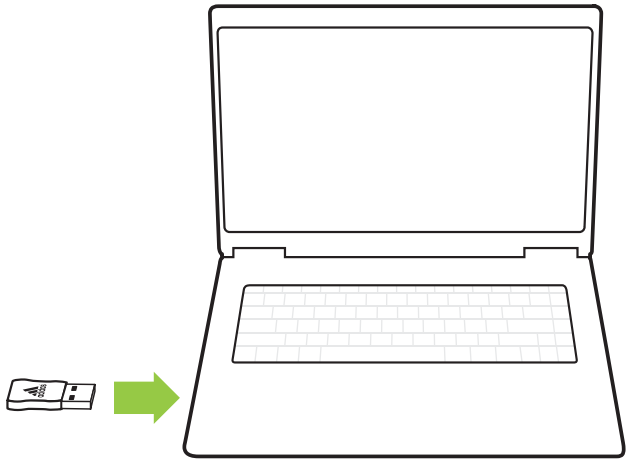
a) Nickname: Easily identify your SPEED_CELL™ among others.

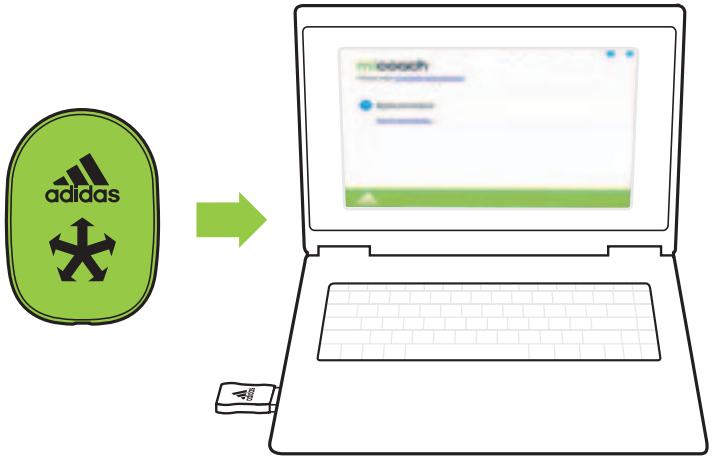
b) Passkey: Protect your data from other SPEED_CELL™ users.

You can choose to have the computer remember your passkey or have it prompt you each time it discovers your SPEED_CELL™.

Note:

If it's your first time using miCoach Connect, you'll need to install the drivers. For Mac, Windows Vista, and Windows 7, this should happen automatically if you're connected to the internet. On Windows XP, you'll need to select "Check web for latest drivers" in the install device wizard box.

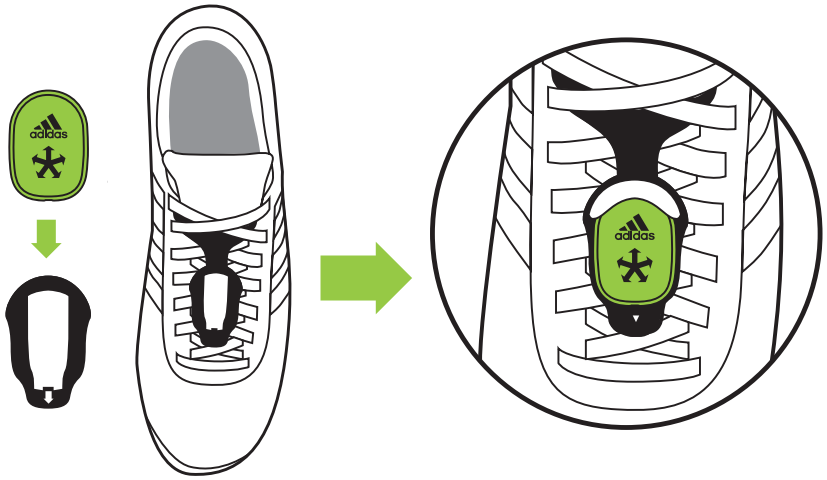




2.3 Attaching the miCoach SPEED_CELL™

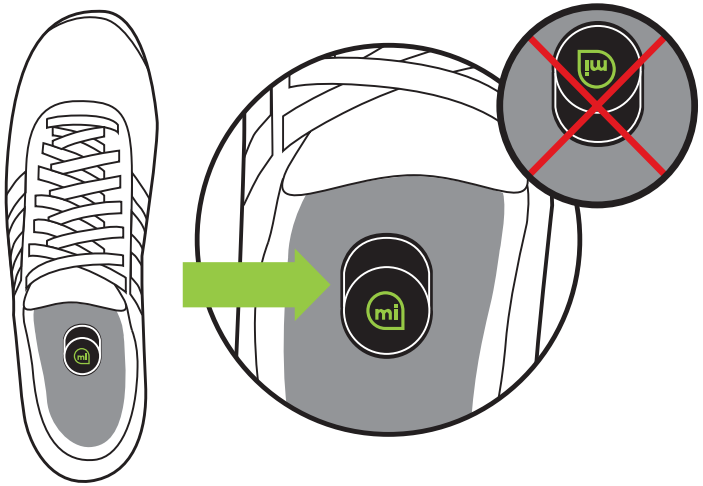
Option 1 (with the lace clip):

Place the lace clip under your shoelaces and attach the SPEED_CELL™ on top by pressing it firmly into place. The adidas logo must face up when attached to the laces.



Option 2 (with miCoach compatible shoes):

If you have miCoach-compatible shoes, remove the lace clip and place the SPEED_CELL™ module (without the clip) in the midsole cavity after removing the insole. The adidas logo must face down when inserted in the midsole cavity.



Note:

miCoach SPEED_CELL™ is always on and doesn't completely power off. When the SPEED_CELL™ isn't in motion, very little battery is used. The battery gets activated when the SPEED_CELL™ starts to move. The SPEED_CELL™ can be used for approximately one hour, five times a week for five months before changing the battery.

2.4 Working out with miCoach SPEED_CELL™

The SPEED_CELL™ logs your movements automatically. Just put it on, start moving, and data will be collected.

Now, play your game, train and get better by collecting your data and improving your performance.

2.5 Synchronizing your miCoach SPEED_CELL™ via CONNECT for PC/Mac

In order to analyze your results, you first have to sync the SPEED_CELL™ using miCoach Manager to upload the data onto your web account.

Once your SPEED_CELL™ is within range of the inserted CONNECT for PC/Mac, miCoach Manager will recognize it instantly.

Press the "Sync" button in order to start the syncing process and upload the collected data onto your web account. If you set up a passkey the "Sync" button won't be accessible unless you enter the passkey. You also have the choice to sync automatically. The SPEED_CELL™ default setting is to not sync automatically.

Note:

The duration of the sync process depends on how many workouts you've collected without syncing and the duration of the workouts.

2.6 Track your progress

After you sync, log on to miCoach.com to see results, get feedback, and share progress.

Under the navigation bar, you'll see an area that indicates available data from the SPEED_CELL™ ready to be assigned to a workout.

1 Assign the collected data by clicking on the corresponding button.

2 Graphs will appear for review. You can edit the respective graphs according to the time range and workout data you wish to keep.

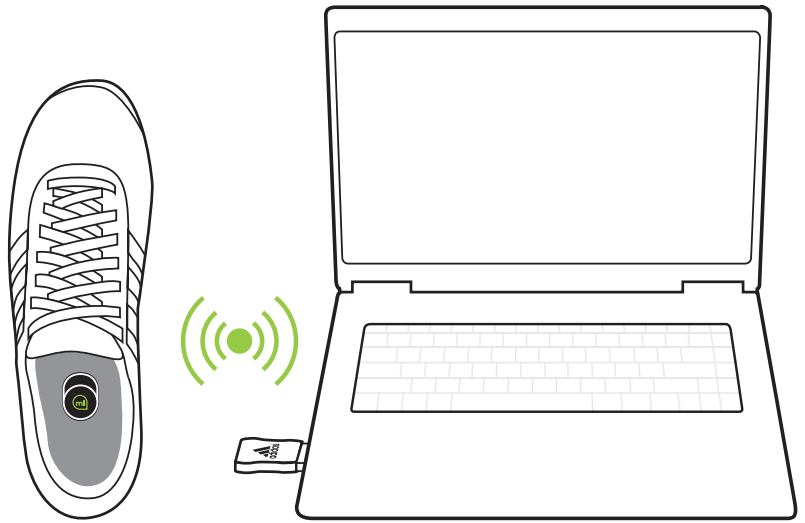
3 Once you've determined your final workout period, assign your data by creating a new workout.

4 After scheduling your sports-specific workout, the next step is to make final adjustments under "The Basics" and "Opponent & Venue" tabs in terms of start time, duration, intensity, etc...

Note:

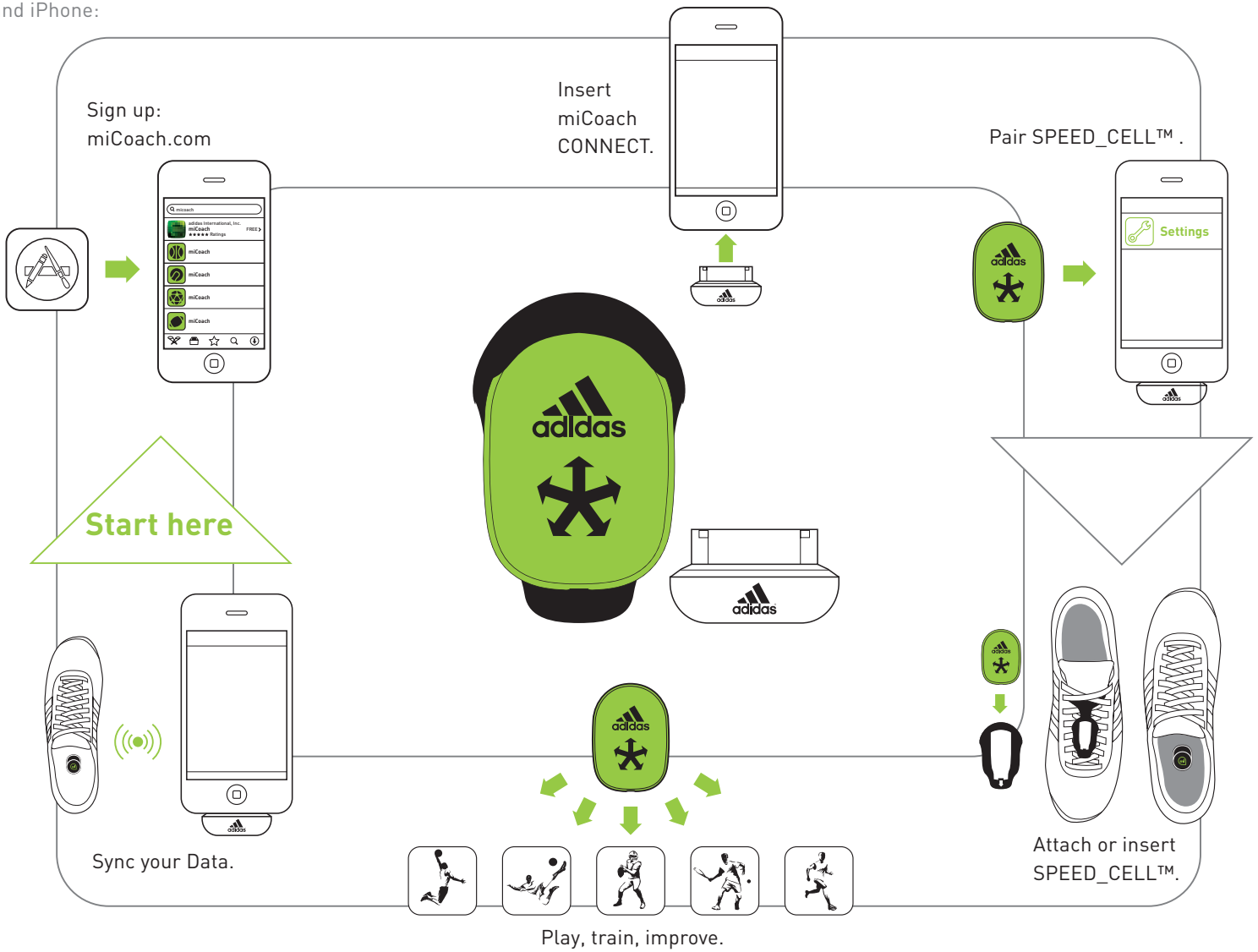
The third tab, "After the Game," is for data analysis after you've collected data.

5 Review your workout and feedback.



3. Using miCoach SPEED_CELL™ for iPod and iPhone

See below for an overview of how the SPEED_CELL works with the miCoach CONNECT for iPod and iPhone:



3.1 miCoach.com

miCoach.com is the key to managing your SPEED_CELL™ results, getting feedback, and improving as an athlete.

Users with miCoach CONNECT for iPod and iPhone must download the miCoach Sports App (e.g. miCoach Football App) from the App Store before getting started.

For general web features, tips, and information, visit micoach.com.

3.2 Pairing miCoach SPEED_CELL™ with miCoach CONNECT for iPod and iPhone

To activate the SPEED_CELL, gently tap it or move your foot around:

1 Launch the miCoach Sports App, and click "miCoach" to access the miCoach menu.

2 Click "Sign Up" to register on miCoach.com and create your account. Your miCoach zones will be determined using your age, weight, and height that you enter when signing up. If you already have an account, click "log in."

3 Insert CONNECT for iPod and iPhone to the iPhone.

4 See the CONNECT icon appear at the bottom right-hand corner. Click on "Settings" to access the device manager.

5 In the device manager, click "Manage Devices."

Note:

The reset button will push the MiCoach Sports App back to factory settings. This means the user loses any data not yet synced within the web.

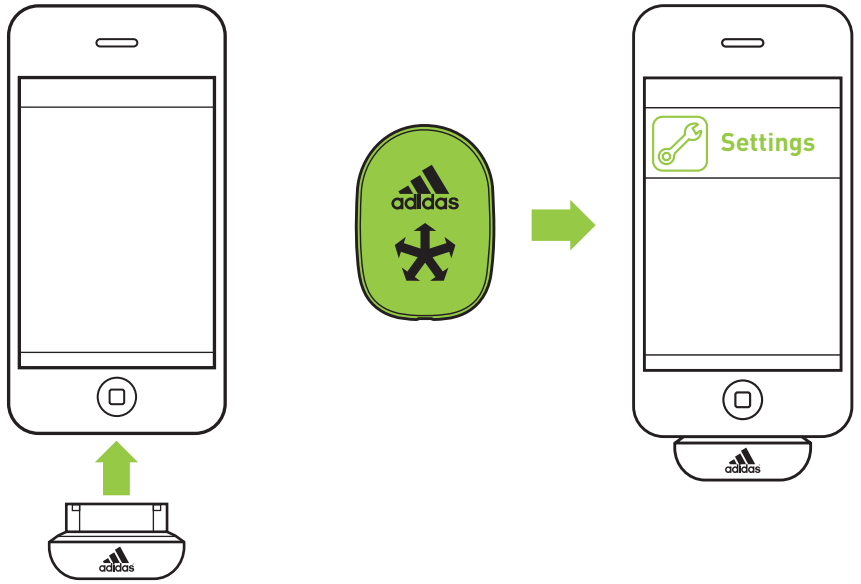
6 Click "Add Device" to initiate the search for your SPEED_CELL™. You'll see the identified SPEED_CELL™(s) on the add device screen (make sure your SPEED_CELL™ is within range). Click on the device ID to start the customization process.

7 Customize your SPEED_CELL™ by entering a device name and setting up a password. If you click "Set Default Device," the credentials will be locked. The star symbol shows when this is done.

8 Press "OK" to finalize the pairing process. You'll see the customized SPEED_CELL™ on the stored devices screen when the pairing process is complete. To return to the main screen, click the back button.

Note:

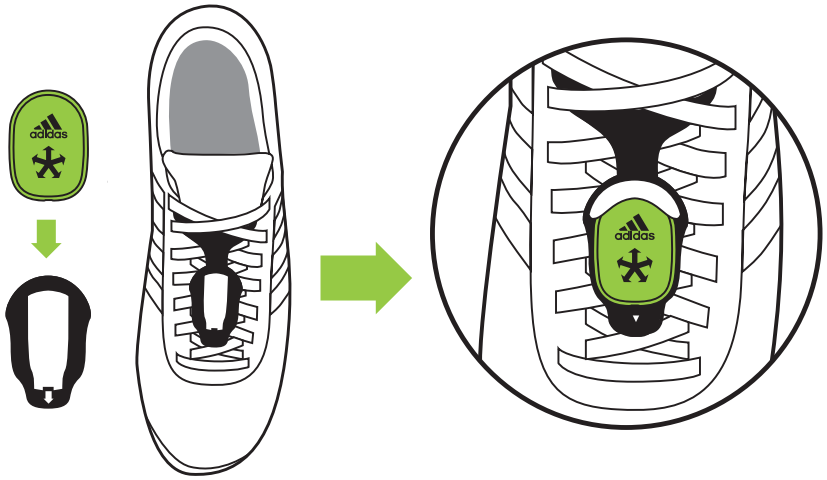
To cancel the connection between the SPEED_CELL™ and miCoach Sports App, click "Remove Device."



3.3 Attaching the miCoach SPEED_CELL™

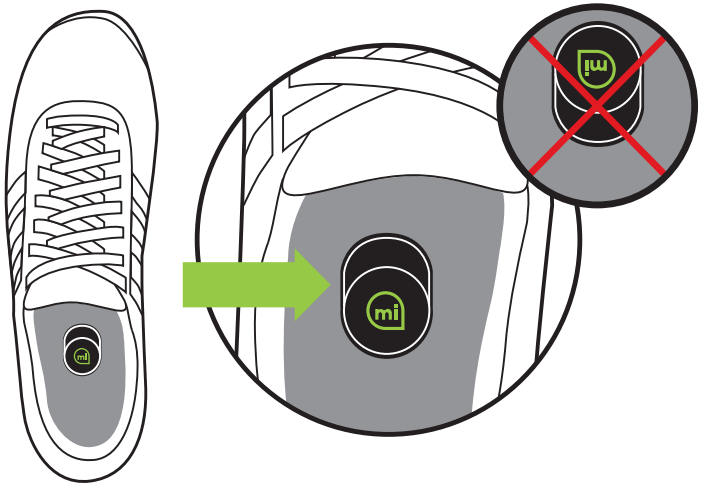
Option 1 (with the lace clip):

Place the lace clip under your shoelaces and attach the SPEED_CELL™ on top by pressing it firmly into place. The adidas logo must face up when attached to the laces.



Option 2 (with miCoach compatible shoes):

If you have miCoach compatible shoes, remove the lace clip and place the SPEED_CELL™ module (without the clip) in the midsole cavity after removing the insole. The adidas logo must face down when inserted in the midsole cavity.



Note:

miCoach SPEED_CELL™ is always on and doesn't completely power off. When the SPEED_CELL™ is still, very little battery is used. The battery gets activated when the SPEED_CELL™ starts to move. The SPEED_CELL™ can be used for approximately one hour, five times a week for five months before changing the battery.

3.4 Working out with miCoach SPEED_CELL™ for iPod and iPhone & PC/Mac

The SPEED_CELL™ logs your movements automatically. Just put it on, start moving, and data will be collected.

Now, play your game, train, and get better by collecting your data and improving your performance.

3.5 Syncing Your miCoach SPEED_CELL™ via miCoach CONNECT for iPod and iPhone

After completing the workout/match, you can transfer the collected data onto your miCoach Sports App.

1 Click "Sync" to transfer the data from the SPEED_CELL™ onto your miCoach Sports App.

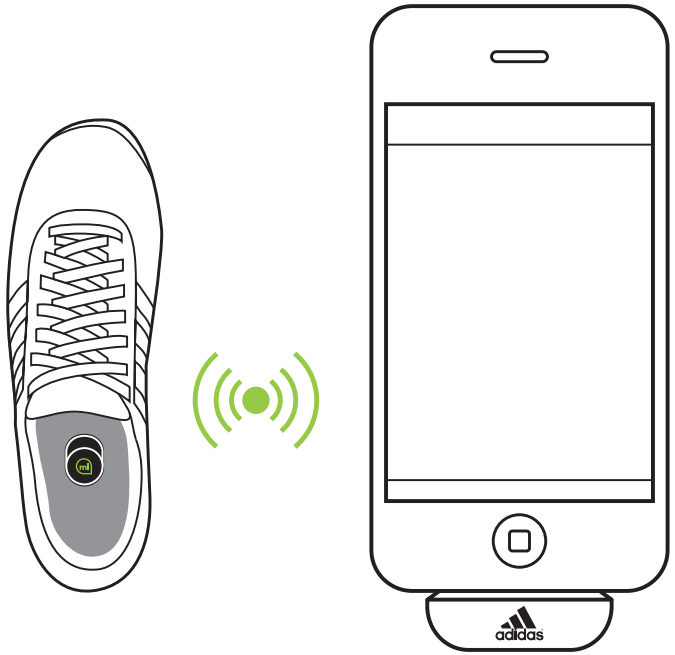
Note:

Syncing can take a few minutes before your workout will appear on the workout history screen.

2 View your latest workouts on the workout history screen. You can store up to 50 workouts on your miCoach Sports App.

Note:

Make sure to sync the app to your web account before exceeding 50 workouts (syncing regularly is recommended). Any new workouts will automatically override the oldest workouts.



3.6 Track your progress

After you sync the workout data on the miCoach Sports App, you have the ability to crop your data and edit your stats, assign it to a workout, sync it to your web account.

To edit your workouts, follow these steps:

1 Go to your workout history and select the workout you want to edit. You'll see a summary screen which will give you an overview of your performance. Click "Next" to customize your workout.

2 You can now edit your workout by type of workout, opponent name, length, etc. Press "OK," and you'll be able to crop your data. Click the back button to get back to your workout history.

3 After editing the stats, your workout will show a symbol which indicates that you're done editing your workout. You have the possibility to sync this workout data to your web account by returning to the miCoach menu. Press the miCoach button on the left-hand side to sync your stats to miCoach.com.

4 Press the upload button to confirm. Your workout history will show a cloud symbol which will tell you that the sync process to miCoach.com is complete.

4. Battery Replacement

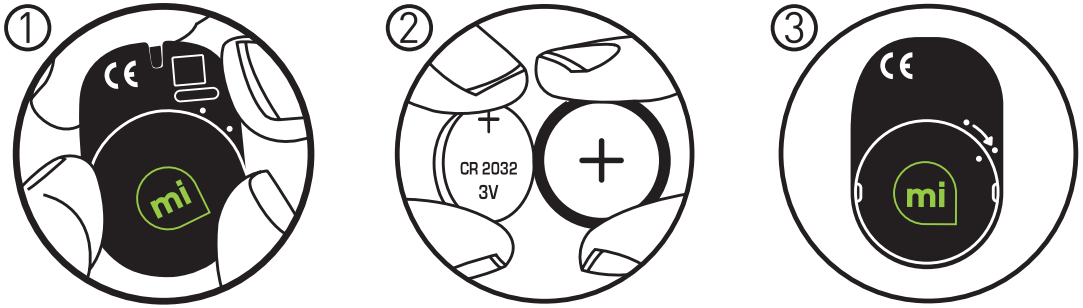
4.1 Changing the miCoach SPEED_CELL™ Battery

1 Remove the back cover of the SPEED_CELL™ by turning it to the left

2 Take out the old battery from the cover and place the new battery into the cover correctly.

3 Close the back cover of the SPEED_CELL™ by turning it to the right

Note:
If you remove the battery from the SPEED_CELL™, all collected data will automatically be deleted and the SPEED_CELL™ will be reset.



5. System Requirements

Internet connection required to sync data.

Hardware / Machine
Processor speed: 600MHz or faster
Disk Space: 100MB of free hard disk space
RAM: 256MB
USB Port: 1.1 or 2

Web Browsers
Microsoft Internet Explorer 6.0 or later
Firefox 2.x or later
Safari 3.x or later

Operating Systems
Microsoft Windows XP (SP2 or later)
Microsoft Windows Vista
Microsoft Windows 7
Mac OS X v10.5.x or later

6. Care and Maintenance

The SPEED_CELL™ is splash proof and can be used outdoors. Don't submerge the SPEED_CELL™ and do not to use the SPEED_CELL™ inside a very wet shoe. Remove the SPEED CELL™ every time before washing and cleaning shoes.

Always handle the shoes with care when the device is integrated. (i.e. don't hit the shoe against walls or sharp edges.)

7. Specifications

7.1 Technical Data

miCoach SPEED_CELL™

Ref In-Shoe Size:	35.0 mm (L) x 24.8 mm (W) x 8.1 mm (H)
Total In-Shoe Weight:	<9 g (including battery)
Ref Size with Shoe Clip:	44.8 mm (L) x 29.2 mm (W) x 13.5 mm (H)
Total Weight with Clip:	<10 g (including battery)
Power:	User-replaceable CR2032 lithium battery
Battery life:	5 months (at 20oC), assuming five 1-hour sessions per week
Communication link:	ANT+™ protocol, ANT-FS
RF frequency:	2.4 GHz
Communication Range:	> 2.5 m in lace position (dependent on receiver unit)
Message Rate:	4 Hz

Calibrated speed/distance accuracy:	Walk 97%, Jog 98%, Run 97%: median accuracy
Uncalibrated speed/distance accuracy:	Walk 95%, Jog 95%, Run 95%: median accuracy
Storage Temperature:	-30°C to +60°C
Operating Temperature	-10°C to +50°C
Sensor Accuracy Range:	0°C to +40°C

The miCoach SPEED_CELL™ is compatible with any fitness equipment that displays the ANT+ "Link Here" logo.

7.2 Trademark & Copyright

© 2011 adidas AG. adidas and the 3-Stripes mark are registered trademarks of the adidas Group.

7.3 Regulatory Compliance

This product is compliant with Directives 2004/108/EC on Electromagnetic Compatibility 2006/95/EC on Low Voltage Directive. The relevant Declaration of Conformity is available at www.adidas.com/micoach Statement regarding the disposal of miCoach products containing electronic components:

As a company, adidas is committed to sustainable business practices, which are aimed to preserve, protect and improve the quality of the environment. We apply these to product technologies, design and the selection of the materials used in our products. Adhering to corresponding environmental laws, directives and guidelines a core element of our sustainability principles.

Since the miCoach concept is equipped with electronic components, we will ensure that it complies with actual or planned directives and laws, which are mandatory for electronic products and may require specific measures regarding labeling, collection and recycling.

Note:
If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

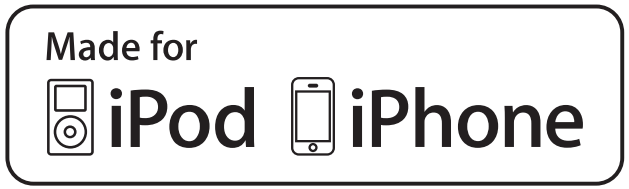
FCC Regulatory Information

Note:
This equipment has been tested and found to comply with the limits for a Class B digital device pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.
However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- **Reorient or relocate the receiving antenna**
- **Increase the separation between the equipment and receiver**
- **Connect the equipment into an outlet on a circuit different from that to which the receiver is connected**
- **Consult the dealer or an experienced radio/TV technician for help**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

CAUTION: Unauthorized repair or modification may result in permanent damage to the equipment and / or lead to possible health risks. Furthermore, by doing so you will void your warranty and your authority to operate this device under Part 15 regulations.



Made for

- iPod touch (4th generation)
- iPod touch (3rd generation)
- iPod touch (2nd generation)
- iPhone 4
- iPhone 3GS
- iPhone 3G

iPhone, iPod and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

"Made for iPod," and "Made for iPhone" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, or iPhone may affect wireless performance.

Fonctionne avec :

- iPod touch (4ème Géneration)
- iPod touch (3ème Géneration)
- iPod touch (2ème Géneration)
- iPhone 4
- iPhone 3GS
- iPhone 3G

iPhone, iPod et iPod touch sont des marques déposées d'Apple Inc., enregistrées aux Etats-Unis et dans d'autres pays.

"Made for iPod" et "Made for iPhone" signifient qu'un accessoire électronique a été conçu pour se connecter développé spécifiquement et respectivement à pour l'iPod, ou l'iPhone et que son développeur certifie qu'il répond aux normes de performance Apple. Apple n'est ni pas responsable du fonctionnement de cet accessoire ni de sa conformité aux normes réglementaires et de sécurité. Veuillez noter que l'utilisation de cet accessoire avec un iPod, ou iPhone peut affecter la performance de votre réseau sans fil.

7.4 Medical Disclaimer

Important information on your workouts with miCoach: The advice and workout plans prepared by qualified, responsible coaches are based on the latest scientific and technical research. However, they do not constitute a medical consultation and cannot replace medical advice. Before you start working out, you should get a medical checkup.

Please be aware that any communication with miCoach occurs exclusively over the internet and that we are not completely familiar with your individual physical characteristics and health. Also, any information you provide may not fully reflect the state of your health. It is therefore important that you warm up and stretch before each workout, and that you use common sense while running do not go over the top when exercising. If you experience any pain, feel weak, dizzy or exhausted or become short of breath, immediately stop your workout. When you work out, you assume all inherent risks.

7.5 Precautions

Individuals who have a pacemaker, defibrillator, or other implanted electronic devices should not use the miCoach devices.

Batteries

Keep batteries away from children. If swallowed, contact a doctor immediately. A battery should be properly disposed of according to local regulations. If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

Do not expose to high temperatures.
Do not disassemble.
Do not allow metal objects to contact or short-circuit the battery terminals.
Do not incinerate or expose to fire.
CAUTION: Risk of explosion if battery is replaced by an incorrect type.

8. Customer Service Information

8.1 Warranty

adidas warrants this product, under normal usage, against defects in materials and workmanship to the original final consumer for a period of 1 ("one") year from the date of purchase.
The warranty card delivered with the product corresponds to and is subject to the detailed Terms & Conditions of the adidas miCoach warranty available at

www.adidas.com/miCoach.

The warranty is void unless the following conditions are met:

1 Your receipt containing the purchase details must be presented when war ranty service is required.

2 The adidas miCoach warranty extends only to products originally purchased from an authorized adidas retailer or from adidas' own retail.

3 The warranty is void in case of any exclusions or limitations indicated in § 3 of the adidas miCoach warranty.

4 With regard to § 4 of the adidas miCoach warranty, the modalities of how to obtain warranty service must be followed.

Note:
The warranty card is in addition to and does not imply any loss of statutory rights. Please read § 5 of the adidas miCoach warranty for additional information.

8.2 Support

Please check the FAQ online, in the Help section. If you can't find an answer to your question there, please check the support forum or contact the Customer Support Team.
Contact information is available within the Customer Service section, in the Help section online at miCoach.com/support.

DECLARATION of CONFORMITY

Issued: August 30, 2011
Revised
Page: 1 of 1

Application of Council Directive:	73/23/EEC, 1999/5/EC
Standard to which Conformity is Declared	IEC 60950-1:2006 Safety of Information Technology Equipment. EN 300 440-2 V1.1.1:2001 EMC and radio spectrum matters (ERM); short range devices. EN 301 489-3 V1.4.1:2002 EMC and radio spectrum matters (ERM); short range devices.
Manufactured by: Manufacturer's Address	Dynastream Innovations, Inc. #201, 100 Grande Blvd., Cochrane, Alberta Canada T4C 0S4
Type of Equipment:	Information Technology Equipment (Low Power Wireless device)
Model Number:	01715

The undersigned does hereby declare that the equipment complies with the above Directives:

Jeff Rooney
President
Dynastream Innovations, Inc
Date: August 30, 2011

22B river avenue, cochrane, alberta, T4C 2C

Dynastream Innovations Inc is a wholly owned subsidiary of Garmin ltd.

adidas GROUP

DECLARATION OF CONFORMITY

Issued: May 25, 2011
Revised: -
Page: 1 of 1

We, **Adidas AG**

Declare under our sole responsibility that the products:

miCoach Connect V42037

To which this declaration relates, is in conformity with the following standards and/or other normative documents:

ETSI EN 300 440-1 V1.6.1:2010
ETSI EN 300 440-2-1 V1.4.1:2010
ETSI EN 301 489-1 V1.8.1:2008
ETSI EN 301 489-3 V1.4.1:2002
EN 60950-1:2006 +A11:2009 +A1:2010

Application of Council Directive: 1999/5/EC, 2006/95/EC, 2004/108/EC

Manufactured by:
Manufacturer's Address: PCA Technology (M) Sdn Bhd
12 & 12B Jalan Bayu
Kawasan Perindustrian Hasil
81200 Johor Bahru, Johor
Malaysia

Type of Equipment: Information Technology Equipment
(2.4GHz Low Power Transceiver Device)

The undersigned does hereby declare that the equipment complies with the above Directives.

Simon Drabble
Director, Interactive Business Unit
Adidas AG
June 1, 2011

adidas AG
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91072 Herzogenaurach
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Dr. Hans Fridericks

Chairman of Executive Board

Executive Board:
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Erich Stamminger

91072 Herzogenaurach

Amtsgericht Fürth
HRB 3868

HypoVereinsbank, Erlangen
BLZ 76320072 / Kto. 4 607 112

Dresdner Bank, Erlangen
BLZ 76080040 / Kto. 540 690 000

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